



DRUG DEMAND REDUCTION Newsletter



**Volume 2 Issue 1
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2009**

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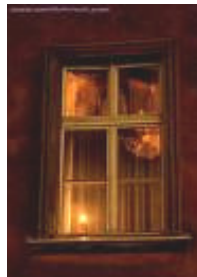
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***We want to publish
your DDR success
stories in the DDR
Newsletter. Send
articles and photos to:
Maj Lynn Stuart, CAP
sleds88@msn.com***

From the Members of the National Honor Guard of Civil Air Patrol

LIGHT A CANDLE AND KEEP IT BURNING!



A Candle in the Window

By: SM Kelly Maricle, DDRO, Easton, MD

A candle burns in a window
But do you know what for;
It's to honor our soldiers
Who've gone away to war.

They fight for us, one and all
In a foreign land;
They serve us proudly
Never complaining of the heat or sand.

Our soldier fight the terrorists
In wars that we all know;
But it's we who can also fight
Just by saying no.

The money spent on drugs
Pays for terrorist's weapons and arms;
However many don't see this war
They figure what's the harm.

We can take a stand and tell the terrorists
You won't get any money from me;
A simple little red ribbon says
We are proud to be drug free.

With candles burning brightly
We'll guide our soldier's home;
Red Ribbons lit by the candles light
Will show this is a drug free zone.

Miss America and Miss USA Organizations Support CAP DDR

Since becoming the Colorado Wing DDRA, Chaplain Major Gordon Rourk, has worked with dozens of different organizations to bring the CAP and DDR message to hundreds of thousands of people.

The most unique is the partnership he has established is with the Miss America and Miss USA Organizations. After meeting Miss Colorado USA, Miss Teen Colorado, and several other pageant contestants at a Red Ribbon event Chaplain Rourk invited them to join him at several other events. Soon, they became great supporters of CAP and especially the CAP DDR program.

"COWG's DDR Program using these young ladies to reach students, with the message of making right choices in life and CAP as a solid platform from which to build, is spreading across the Nation. I have been getting requests from other State Winners on how they may become involved in CAP and the DDR Program."

Chaplain Gordon Rourk

When Danielle Scimeca, Miss Teen Colorado USA, became very active in supporting numerous CAP DDR events, the word spread. Before long, Chaplain Rourk started receiving requests from other title holders to be part of his CAP DDR activities.

These young ladies, who always draw a crowd, offer more than just a pretty face. They are role models to young and old alike, and utilize their titles to educate millions of Americans on issues of importance to them and society at large.

"Many of these young ladies become community, state and national leaders. They must have a platform and as I have seen from my contacts with past and present titleholders, many have become Area, State and National Directors of the platforms they support" stated Chaplain Rourk.

Over the last several years, they have participated with Chaplain Rourk at Red Ribbon Activities, Schools, Health Fairs, Air Shows, Region Cadet Leadership School, and a number of other community and CAP events.

Chaplain Rourk is well respected by the Miss Colorado Organization and was asked to judge a local pageant. He also was a guest at the Miss Colorado Tea for Miss America, where he learned from Miss Colorado Sweetheart, Morgan Weaver; working with him during Red Ribbon Week had a profound effect on her. As a result, she decided to change her platform to promoting drug awareness in our schools.

We applaud Chaplain Rourk for his innovation by identifying this valuable resource to assist in getting out the message that *the right choice is the choice to be drug free*. If you are interested in developing contacts with the Miss America or Miss USA organizations to support your DDR programs, contact Chaplain Rourk at chaplainrourk@comcast.net.



Miss Colorado Sweetheart, Morgan Weaver, Chaplain Rourk and Miss Colorado Outstanding Teen, Heidi Hume.

Jackson County Air Show open's with CAP Drug Demand Reduction Red Ribbon Week

Lt Nancy Greene

Ashville Composite Squadron, DDRO

The Jackson County Air show opened Saturday 10-18-2008 with a beautiful day and grand style. Planes from all over Western North Carolina filled the air as sounds of aircraft and excited onlookers, and watched as all kinds of aircraft landed including our Squadron's Cessna 172.



Lt Nancy Greene, Asheville Squadron's Drug Demand Reduction Officer, officially opened Red Ribbon Week with a booth, and display. Lt Greene's display honored DEA Agent Enrique (Kiki) S. Camarena whose tragic kidnapping and death in 1985 shocked the nation. Agent Camarena's family, local schools and community wanted to honor his passing by displaying Red Ribbons to express the importance of being drug free.

Lt Greene along with Asheville cadets came prepared to answer questions and handed out Red Ribbons to visitors, expressing the importance of spreading the word to live a healthy and drug free life. Lt Greene felt visitors came away with a better understanding of the history of Red Ribbon week and the message it sends.

Diving Home the Point

2d Lt Lisa Hoffman

Teaneck Composite Squadron, DDRO

Every day, 36 people in the United States die, and approximately 700 more are injured, in motor vehicle crashes that involve an alcohol-impaired driver according to the Center for Disease Control and Prevention. Alcohol slows an individual's reaction time making it dangerous for intoxicated drivers, their passengers, and anybody who crosses their path. On average, two drinks are enough to raise a driver's blood alcohol concentration to the point where they are legally drunk.



The majority of drunk drivers usually take the risk on their way home from a party or other social event. That drive home however short it maybe, is both dangerous and illegal. To demonstrate how driver's reaction time is impaired, many wings set up DDR activities having cadets drive a Gator to simulate a car wearing fatal vision goggles. While this simulation is effective and demonstrates the intended message, the majority of squadrons are not equipped to support this activity.

With the increased popularity of driving wheels, video games can be used to simulate the driving experience as well. By setting up a racing game using driving wheels (and sometimes pedals) that are sold as system accessories rather than the standard controller, the act of driving can be reenacted. Fatal vision goggles are used to demonstrate the affect of alcohol and game settings can be altered to enhance the "drunk driving experience". Vibration can be turned on so that the driving wheel shakes when the car hits an object in the game. For maximum experience, gaming chairs can be used. This will cause the cadet's entire body to vibrate if they crash in the game.

Energy drink ora can of bull?

2d Lt Paul Janssen

Rome Composite Squadron, DDRO

High caffeine soft drinks have been in existence in the United States since at least the 1980's beginning with Jolt Cola. Energy drinks, which have caffeine as their primary energy component and sugar as the second leading component, began being marketed as a separate beverage category in the United States in 1997 with the introduction of the Austrian import "Red Bull".

Energy drink consumption has exploded since then, fueled by a marketing focus on youth themes and strategies. Although there is debate regarding the overall risk and benefits of energy drinks and moderate caffeine intake, health researchers agree that caffeine consumption can have adverse health consequences, particularly at high doses and at a young age where the body has not gotten a chance to get used to the high doses of caffeine intake. Among the most common negative effects of high caffeine consumption are increased anxiety, panic attacks, increased blood pressure, increased gastric acid, bowel irritability and insomnia.

Teenagers and young adults are the core consumer group of energy drinks. This reality is cause for even greater concern, since the emergence of "Alcoholic Energy Drinks". Building on the popularity and the staggering sales volume of the non alcoholic energy drinks, alcohol companies appear to be mimicking the marketing strategies for non alcoholic energy drinks, thereby capitalizing on the popularity of the non alcoholic energy drinks. Alcohol producers promote the close association of their products with energy drinks by mimicking their containers, including size, shape and graphics.

Since caffeine is a stimulant and alcohol is a depressant, it is easy to see that consumption of alcoholic energy drinks might lead an intoxicated person to conclude mistakenly that they are capable of potentially dangerous activities, such as driving or swimming. Combine this with a rather young person, who is inexperienced and more likely to engage in risk-taking behavior, we just created a recipe for disaster.

In May 2005, the U.S. Tax and Trade Bureau (TTB) the agency primarily responsible for fair and truthful advertising, warned producers of alcoholic energy drinks, stating: *"It is TTB's policy that the use of advertising statements that imply that consumption of certain alcoholic beverages will have a stimulating or energizing effect, or will enable consumers to drink more of a product without feeling the alcohol, are misleading health related statements that are in violation of Federal Law..."*

Energy drink or... a can of bull? Draw your own conclusion.

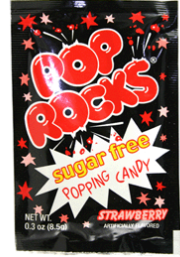
[Bloomberg](#) reported Jan. 14, 2009 that individuals who consumed more than 330 mg of caffeine daily were three times more likely to experience hallucinations than those who consumed less than 10 mg of caffeine daily. The study focused on the relationship between caffeine consumption and release of cortisol, a stress hormone that researchers believe may be linked to delusions. Ingesting the amount of caffeine contained in seven cups of instant coffee could cause drinkers to experience hallucinations, according to researchers at Durham University

From Candy to Drugs to Kids

Lt Nancy Greene

Ashville Composite Squadron, DDRO

News of a freighting new way to get drugs in to kids came streaming through the Internet the other day. It's unimaginable that Crystallized Meth is finding its way into a candy form. This new form of Meth so called "Strawberry Quick" has made it into several states causing numerous kids to become extremely sick and even death. It looks like the candy "Pop Rocks". The candy that sizzles and pop's in your mouth.



In its current form it is dark pink in color and has a strawberry scent to it. It also comes in chocolate, peanut butter, cola, cherry, grape and orange. Please advise your children, their friends and other students never to accept candy from strangers as this is obviously and attempt to seduce children into drug use.

Meth is not the only drug taking new forms, but something called "cheese". Cheese is a combination of black tar heroin and crushed up Tylenol PM Tablets and hits of it sell for a buck or two. Like any typed of heroin, cheese is highly addictive and deadly. Now officials realize cheese is all too real: at least 21 kids have died from overdosing on it. The DEA says the whole act of marketing drugs to kids is a dangerous and relatively new trend.

DDR Teletraining - Back by Popular Demand

Teletraining is a great way, from the comfort of your home, to learn the *ins and outs* of the DDR Program from NHQ staff and highly successful DDR team members. There is no travel, lodging, or additional meal expenses.....and you don't even have to wear a uniform. Each course runs about 60-90 minutes in length.

DDR Basics	DDR Budget Process	DDR Activities
Feb 09 @ 10:00 PM est Feb 11 @ 8:00 PM est	Mar 09 @ 10:00 PM est Mar 11 @ 8:00 PM est	Apr 13 @ 10:00 PM est Apr 15 @ 8:00 PM est
Topics include: <ul style="list-style-type: none">• Brief history of the DDR Program• DDR Goals and Objectives• Roles and responsibilities• Program updates• Obtaining Support• Resources to support DDR Program• DDR Budgets• Reporting Tools• Continuity Books	Topics Include <ul style="list-style-type: none">• Funding Guidelines• Authorized expenditures• DDR Catalog<ul style="list-style-type: none">○ Process○ Forms• Non-Catalog Items<ul style="list-style-type: none">○ Process○ Forms• Reporting Requirements	Topics Include: <ul style="list-style-type: none">• Internal Opportunities<ul style="list-style-type: none">○ Lesson plans○ Presentations available by target audience○ Games• External Opportunities<ul style="list-style-type: none">○ Identifying target groups○ Presentation ideas• Success Stories• Measuring Success

To enroll in a Teletraining course, send an email specifying the course you would like to attend to Major Lynn Stuart at sleds88@msn.com. Completion of these courses satisfies training requirements of the DDR Specialty Track.

Classes fill up quickly, so register early. If the class is full, you will be notified and put on the wait list for the next available session.

Celebrate With a DDR Bar

C/Lt Col Lori Hoffman

Teaneck Composite Squadron, C/DDRO

During one of their bimonthly DDR classes, the Teaneck Composite Squadron held an interactive DDR Bar. The class topic focused on drinking at social events and offered non-alcoholic solutions to drink mixing. After the discussion, cadets were given a list of drink recipes they could make with the ingredients at the front of the room.

"I used to think the only drink for those of us under 21 were Shirley Temples", said C/Amn Jack Haggerty. The class provided the cadets with some new options, some which they liked better. "I had never had an original Shirley Temple before; I have always just had the modern version. The other day I went to my cousin's party and they were only serving the modern versions, and I wanted to jump back behind the bar and make the drink myself", recounted C/A1C Alison Root.

*"I used to think
the only drink for
those of us under
21 were Shirley
Temples"*

*C/Amn Jack
Haggerty*

For those of you wondering, the difference is orange juice and the amount of Grenadine used. Modern day versions which are commonly served at restaurants are 1 part Grenadine to 5 parts Ginger Ale. The original Shirley Temple, which was created in the 1930's, is half Ginger Ale, half Orange Juice with a splash of Grenadine.

Ever since, the DDR Bar has been a regular at all squadron events. "When C/Lt Col Hoffman told us we could plan the celebration following the Honor Guard graduation, the first thing we asked our OIC for was ingredients for the DDR Bar", said C/SrA Nadine DeCristofaro. By having a DDR Bar at squadron events where the Honor Guard is performing, it reminds members that Drug Demand Reduction is an Honor Guard element as well as a way to reinforce a positive anti-alcohol message in a fun and creative manner.

Cadet Picks

<u>Safe Sex on the Beach*</u> 3 oz Cranberry Juice 3oz Grapefruit Juice 2of Peach Nectar 1 Maraschino Cherry	<u>Yellow Jacket*</u> 2 oz Pineapple Juice 2 oz Orange Juice 1 ½ oz Lemon Juice	<u>Orange Bliss*</u> 2 cups Frozen Orange Juice 4 Large Marshmallows 1 cup Vanilla Ice Cream 10 Ice cubes
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*Mix Ingredients in Blender

Have a Happy Valentine's Day

Drinking an excess of alcohol or taking recreational drugs has a toxic effect on the heart, which increases your risk of developing heart failure.

Keep your heart healthy,
who knows
you may want to
give it away!

DDR Classes taught to Doolies at FLWG Winter Encampment 08 – 09

C/2d Lt Lauren Harris, Gen. Chuck Yeager Cadet Squadron

Cadets from all over the state, and a couple from out of state, all gathered at Camp Winona for another great FLWG Winter Encampment. During this week, the Doolies learned many things about Leadership and Followership along with many aerospace activities such as Orientation Flights and learning the trades of sky diving. One more thing that had the Doolies interested was the Drug Demand Reduction class taught by Capt. Tim Medeiros.

In this class, the Doolies and Capt Medeiros had a small, interactive discussion about drugs and alcohol. Capt Medeiros asked them questions about what they'd do in different situations dealing with friends and family using and/or abusing drugs and alcohol. In one situation, he asked the Doolies "If you were to go out to dinner with your parents, and they had a drink or two, what would you do when it was time to go?"

C/Amn Jordan Harris – Rampello Cadet Squadron answered this question with "My parents aren't the type to drink, but if I was in this situation, I would call a taxi for the safety issues involved with Drinking and Driving. I would have my parents come back in the morning, or when they were sober and come and get the car. The taxi not only assures safety to my family, but also to those others on the road. Also, calling the taxi would insure that my parents weren't breaking the law."

After the discussion, Capt Medeiros started a game with the Doolies that made them focus on team building and communication skills that would be severely hampered if they were intoxicated in anyway. In one particular class, the Doolies wrapped up this lesson by Foxtrot Flight (ladies) beating Echo Flight (men) in the first round of the game, but in the second round when all but a few were blindfolded to show the effects of intoxication, Echo Flight came back with just a second ahead of Foxtrot Flight.

The Doolies had a great time with Capt Medeiros while learning a lot about the effects of drugs and alcohol have on you and becoming part of the "Too Good For Drugs" group.

Thanks to the staff that provided the activities and information for the Doolies.

DDR Lesson Plans

Just a reminder that there are DDR Lesson plans, complete with PowerPoint slides available on the NHQ DDR Website. You can access these lesson plans by pressing *Ctrl + click* on the following link: [DDR - Lesson Plans](#). The lesson plans cover the following topics:

- What is the CAP DDR Program and Why is it Important
- Mentorship
- Cocaine and Crack
- Hallucinogens
- Heroin
- Inhalants
- Alcohol and Tobacco
- Marijuana
- Methamphetamine
- Oxycontin
- Club Drugs
- Ecstasy and Herbal Ecstasy
- Performance Enhancing Drugs
- Prescription Drugs
- Non-Prescription Drugs

Aircrews Be Safe

Jett Mayhew, Lt Col
NHQ DDR Team Leader

As I travel around this great nation, I get the opportunity to visit with CAP members and non-members alike. I especially take note of those involved with aircraft operations, such as pilots, mechanics and aircrew members. After telling them about my work, I am often told that Drug Demand Reduction (DDR) doesn't apply to them—it's a cadet thing.

Well, actually, it's an "everyone" thing. As you can see, drugs (over-the-counter, prescription, illegal or in other forms) effect everybody. So to start off this New Year, I thought I would share some simple facts with you. First, a little of my background. I am a private pilot with over 2500 hours, though not current, and I used to be an FAA Accident Prevention Counselor. With that in mind, the safety of aircrews is very near and dear to my heart. Now, let's review some things together.

DEATH = DRUGS – EXHAUSTION – ALCOHOL – TOBACCO – HYPOGLYCEMIA

Drugs

Starting simply, let's talk about something we use everyday—caffeine. Yes, caffeine is a drug which is commonly ingested daily by many people. However, it is a drug with potentially negative effects on flight operations if not used properly and in moderation. Many beverages and foods—such as tea, chocolate, and most cola-type drinks—contain caffeine.

Caffeine is a central nervous system stimulant that counteracts and delays drowsiness and fatigue. Although it increases alertness, the side effects of caffeine may degrade an aircrew member's performance. Caffeine can elevate one's blood pressure, impair hand-eye coordination, timing, and cause nervousness and/or irritability. Some people may experience adverse effects when ingesting as little as 150 to 200 milligrams of caffeine (the equivalent of one or two cups of coffee or several cups of tea). Caffeine is also addictive and with continued use your body builds up a tolerance to it. Over time, people may ingest increasing amounts of caffeine to obtain the same physiological and behavioral effects.

Commercial advertising continually encourages the purchase of non-prescription and over-the-counter medications for a range of minor ailments. The primary purpose of such medications is to *cure a medical problem* or control symptoms of the problem. Aircrew members must keep the flight surgeon informed of any significant changes in their physical health. Furthermore, most drugs, whether prescribed or over-the-counter, have unwanted side effects that may vary from person to person. In general, no aircrew member using medication is fit to fly unless a flight surgeon has specifically cleared the crew member to fly.

Exhaustion

The amount of energy a person has influences how easily he can adapt to stress that comes his way. Individuals who are tired still have a fair bit of energy, so although they may feel forgetful, and impatient, and experience gradual heaviness or weakness in muscles following work, this is often alleviated by rest. Fatigue, on the other hand, is characterized by difficulty concentrating, anxiety, a gradual decrease in stamina, difficulty sleeping, increased sensitivity to light and the limiting of social activities once viewed as important.

Individuals with exhaustion report frank confusion that resembles delirium, emotional numbness, sudden loss of energy, difficulty both in staying awake and in sleeping and complete social withdrawal. Not understanding the difference between tiredness, fatigue, and exhaustion may lead to use of inappropriate remedies that could end up causing more harm than good. For example, while exercise appears to help those who are tired, it may decrease the ability to adapt in individuals experiencing fatigue and exhaustion. Long-term use of caffeine and other stimulants should also be avoided by people experiencing fatigue and exhaustion, as these substances 'fool' the body into thinking it has more energy available than it really does. The important thing is to try to prevent or at least delay the progression from tiredness to fatigue and then from fatigue to exhaustion. Remember this applies to all of the aircrew. (Continued on Page 9)

Alcohol

Moderate ingestion of alcohol in the form of liquor, wine, or beer is a commonly accepted practice that usually causes no problems. Alcohol can be deadly—especially in the aviation environment. Ethyl alcohol acts as a depressant and adversely affects normal body functions. Even a small amount has a detrimental effect on judgment, perception, reaction time, impulse control, and coordination.

After drinking alcohol, an aviator would be smart to wait at least 12 hours before beginning flying duties (*even though the FAR's say 8 hours from bottle to throttle*). The side effects of alcohol are dangerous. If any side effects (hangover symptoms) are present, the non-flying period should be extended beyond 12 hours. Taking cold showers, drinking coffee, or breathing 100 percent oxygen does not speed up the body's metabolism of alcohol. Only time will dissipate the effects of alcohol.

Tobacco

The detrimental effects of tobacco on health are well known. Apart from the long-term association with lung cancer and coronary heart disease, there are other important, but less dramatic effects. For example, chronic irritation of the lining of the nose and lungs caused by tobacco increases the likelihood of infection in these areas. This is a significant problem for aviators because it affects their ability to cope with the effects of pressure changes in the ears and sinuses. Additionally, even a mildly irritating cough causes distress when oxygen equipment is used.

Although smoking has many long-term effects, such as emphysema and lung cancer, the aviator should be just as concerned about the acute effect of carbon monoxide produced by smoking tobacco. Carbon monoxide combines with hemoglobin to form carboxyhemoglobin. Carbon monoxide attaches to hemoglobin molecules 200 to 300 times more readily than does oxygen. The net effect is a degree of hypoxia. Average cigarette smokers have about 8 to 10 percent CoHb in their blood. This percentage adds about 5,000 feet of physiological altitude. Cigarette smoking also decreases night vision. A non-smoking pilot begins to experience decreased night vision at 4,000 to 5,000 feet of altitude due to hypoxia. A smoking pilot at sea level begins with a physiological night-vision deficit of 5,000 feet!

Hypoglycemia

Aviation medicine experts recognize the importance of a nutritious, well-balanced diet for aircrew members. Nutrition largely depends on individual behavior. When possible, crew members should consume meals at regular intervals. Missing meals or substituting a quick snack and coffee for a balanced meal can induce fatigue and inefficiency. And no, a fighter pilot's lunch is not a "Snickers bar and a Coke." The body requires periodic refueling to function. Normal, regular eating habits are important. Because of mission requirements, aircrew members often disrupt their regular eating habits and skip meals. This disruption can lead to hypoglycemia.

The liver has a store of energy. This energy is stored in the form of glycogen, a blood sugar. The liver can readily convert this stored form of sugar into glucose that is released to the body to maintain the body's blood-sugar level. Unless food is consumed at regular intervals, the stored glycogen is depleted and a low blood-sugar level, or hypoglycemia, develops. When the blood-sugar level falls, weakness can occur and the body's efficiency decreases. Sometimes fainting has been known to occur!

Insulin lowers the blood-sugar level, but at the same time, blood-sugar is also decreasing through its normal function of fueling the body. These two actions result in a rapid drop in blood sugar that causes further tiredness and inefficiency. It is important to maintain a balanced diet of proper foods that includes proteins, fats, and carbohydrates.

Drugs, they affect each of us every day and each of us differently. Drugs come in different sizes and shapes. Some are obvious, others are insidious. How many of you have ever been forced to eat something you didn't want to (broccoli your Mom wanted you to eat doesn't count)? Therefore, what ever goes in your mouth was put there by you. You are responsible for everything you put in your mouth. I have heard some people say, you are what you eat. What kind of person do you want to be after your next meal? Fly Safe!

DDR By the Numbers

DDR Team Members as reflected in e-services on 1 Feb 2009.
(Numbers do not include Cadet DDROs)

Region	DDRC	DDRA	DDRO	TOTAL
GLR	1	4	45	51
MER	2	10	81	120
NCR	1	3	38	38
NER	1	7	61	74
PCR	1	5	42	52
RMR	1	5	36	48
SER	0	5	46	50
SWR	1	4	47	57
TOTAL	8	43	396	447

DDR SPECIALTY TRACK ENROLLMENT

Region	None	Tech	Senior	Master	Total
GLR	13	3	1	0	17
MER	40	7	1	3	51
NCR	16	9	1	0	26
NER	35	7	3	1	46
PCR	17	3	0	0	20
RMR	19	4	1	3	27
SER	28	8	3	1	40
SWR	21	8	0	1	30
NHQ	0	3	3	2	8
TOTAL	189	52	13	11	265